

Take an Indepth Look

This section provides you with links to the full texts and briefs used throughout the event. It will also link to interactive online sites for teens and youths and other resources you will find useful in developing your local plans.

Additional Resources

On this final day of the event, please complete the following steps:

1 Review the list of [additional resources](#) located in the Resources & Links section. You will find links to several on-line publications and organizations with information about underage drinking.

Select one of the resources listed below and explore the full text.

2 [Research and Publications](#)
[Interactive Web Sites for Kids \(and School Coordinators\)](#)
[Classroom and Coordinator Resources](#)

3 Visit the **Discussion Area** to share with your fellow participants and the event facilitator the link you followed and any interesting tips you learned.

Click here to print today's materials in PDF format.

This completes today's work.
Please visit the [Discussion Area](#) to share your responses to the discussion questions!



*When you are done, please [click here](#) to
complete a feedback form so that we can
improve future on-line events!*



Thank you for participating in
Reducing Underage Drinking
We hope that you enjoyed the event!



Preventing Underage Drinking: A School-Based Approach

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Resources & Links

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Session Resources

Day 1 - [What's the Problem with Underage Drinking?](#)

- ☐ [Institute of Medicine Report on Reducing Underage Drinking](#)
- ☐ Results from the 2004 [National Survey on Drug Use and Health: National Findings](#)
- ☐ [Monitoring the Future](#)
- ☐ [Youth Risk Behavior Surveillance System](#)
- ☐ [Youth Online \(YRBSS\): Comprehensive Results](#)
- ☐ [NIAAA Initiative on Underage Drinking](#)
- ☐ [High Risk Behaviors](#)
- ☐ [Past Year Alcohol Use](#)
- ☐ [Sexual Risk Behaviors](#)
- ☐ [The Real Story on Underage Drinking](#)
- ☐ [Consequences of Underage Alcohol Use](#)

Day 2 - [Contributing Factors and Consequences: Why Do Kids Drink?](#)

- ☐ [Risk and Protective Factors](#)
- ☐ [Alcohol Advertising: Reaching Kids Where They Live](#)
- ☐ [Media Questionnaire](#)

Day 3 - **School** [Approaches to the Prevention of Underage Drinking](#)

- ☐ [A Ten-Point Plan for Schools in Addressing Underage Drinking](#)
- ☐ [Education Questionnaire](#)
- ☐ [Building Capacity and Sustainable Prevention Innovations: A Sustainability Planning Model](#)
- ☐ [SAMHSA Model Programs](#)

Day 4 - [Is Your School Ready to Implement an Effective Program to Reduce Underage Drinking?](#)

- ☐ [Underage Drinking Laws](#)
- ☐ [Alcohol and Other Drug Policy Checklist](#)
- ☐ [Partners for Substance Abuse Prevention](#)
- ☐ [Framework for Program Evaluation in Public Health](#)

Day 5 - Take an In-Depth Look

- ☐ [Community How To Guides on Underage Drinking](#)
- ☐ [CASA: National Survey of American Attitudes on Substance Abuse VIII: Teens and Parents](#)
- ☐ [Alcohol Policy Solutions](#)
- ☐ [SAMSHA: Preventing Problems Related to Alcohol Availability: Environmental Approaches](#)
- ☐ [How Does Alcohol Affect the World of a Child?](#)
- ☐ [Enforcement Success Stories](#)
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Research and Publications

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<http://www.oas.samhsa.gov/nhsda/2k2nsduh/Results/2k2Results.htm>

NSDUH is the primary source of statistical information on the use of illegal drugs by the U.S. population. Conducted by the Federal Government since 1971, the survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their place of residence. The survey is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is planned and managed by SAMHSA's Office of Applied Studies (OAS).

[Monitoring the Future](http://www.monitoringthefuture.org/pubs/monographs/overview2003.pdf)

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First results from the Monitoring the Future study's 2003 nationwide survey of eighth, tenth, and twelfth grade students are given in this report. Recent trends in the use of licit and illicit drugs are emphasized. Also presented are trends in the levels of perceived risk and personal disapproval associated with each drug-which this study has shown to be particularly important in explaining trends in use-as well as trends in perceived availability of each drug. of differences between groups or for trends over time. The most recent such volume is always posted on the study's Web site.

[Youth Risk Behavior Surveillance System](http://www.cdc.gov/HealthyYouth/yrbs/)

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The Youth Risk Behavior Surveillance System (YRBSS) monitors six categories of priority health-risk behaviors among youth and young adults - behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; and physical inactivity - plus overweight. YRBSS includes a national school-based survey conducted by CDC as well as state and local school-based surveys conducted by education and health agencies.

[Community How To Guides on Underage Drinking](http://www.nhtsa.dot.gov/people/injury/alcohol/Community%20Guides%20HTML/Guides_index.html)

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NHTSA has developed this set of nine community guides. You've seen excerpts from several of the guides throughout this week. These guides should be very helpful in developing your local community plan.

[CASA: National Survey of American Attitudes on Substance Abuse VIII: Teens and Parents](http://www.casacolumbia.org/Absolutenm/articlefiles/2003_Teen_Survey_8_19_03.pdf)

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CASA surveys attitudes of teens and those who most influence them--parents, teachers and school principals. While other surveys seek to measure the extent of substance abuse in the population, the CASA back to school survey probes substance-abuse risk and identifies factors that increase or diminish the likelihood that teens will abuse tobacco, alcohol or illegal drugs.

Alcohol Policy

http://www.marininstitute.org/alcohol_policy/

Alcohol policies are those regulations, laws and rules that govern the manufacture, promotion, distribution, sale, and use of alcohol. This site, maintained by the Marin Institute, presents alcohol policies that are intended to reduce alcohol problems through environmental prevention.

SAMSHA: Preventing Problems Related to Alcohol Availability: Environmental Approaches

<http://www.health.org/govpubs/PHD822/aar.aspx>

The Prevention Enhancement Protocols System (PEPS) series was initiated to systematically evaluate both research and practice evidence on substance abuse prevention and make recommendations for the field. In doing so, PEPS strives to maximize the prevention efforts of State substance abuse prevention agencies, practitioners, and local communities.

Institute of Medicine Report on Reducing Underage Drinking

<http://www.iom.edu/report.asp?id=15100>

Why is this dangerous behavior so pervasive? What can be done to prevent it? What will work and who is responsible for making sure it happens? *Reducing Underage Drinking: A Collective Responsibility*, a joint report by the National Research Council and Institute of Medicine, addresses these questions and proposes a new way to combat underage alcohol use. It explores the ways in which may different individuals and groups contribute to the problem and how they can be enlisted to prevent it.

How Does Alcohol Affect the World of a Child?

<http://www.alcoholfreechildren.org/en/pubs/index.cfm>

the Leadership to Keep Children Alcohol Free was established to make childhood drinking prevention a national health priority. A coalition of Governors' spouses, Federal agencies, and public and private organizations, the *Leadership* is the only national effort that specifically targets prevention of drinking in the 9- to 15-year-old age group. This link takes you to a statistical brochure for lay audiences that distills the most current research findings about early alcohol use and its effects.

NIAAA Initiative on Underage Drinking <http://www.niaaa.nih.gov/about/underage.htm#statistics>

As the lead federal agency for supporting and conducting basic and applied research on alcohol problems, NIAAA is spearheading this initiative to intensify research, evaluation, and outreach efforts regarding underage drinking.

Enforcement Success Stories

<http://www.udetc.org/SuccessStories.asp>

The Underage Drinking Enforcement Training Center was established by the Office of Juvenile Justice and Delinquency Prevention (within the U.S. Department of Justice) to support its Enforcing Underage Drinking Laws Program. The Center mission is to provide science-based, practical, and effective training and technical assistance services to States and communities working to combat underage drinking through law enforcement and environmental strategies. Search the success

stories by state or by year of enactment.

Healthy People 2010

http://www.healthypeople.gov/document/HTML/Volume2/26Substance.htm#_Toc489757833

This report from the National Institutes of Health and the Substance Abuse and Mental Health Services Administration takes another look at the impact drinking has on health.

Center on Alcohol Marketing and Youth

<http://camy.org/>

The Center on Alcohol Marketing and Youth at Georgetown University monitors the marketing practices of the alcohol industry to focus attention and action on industry practices that jeopardize the health and safety of America's youth.

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Interactive Web Sites for Kids (and School Coordinators)

The Cool Spot

<http://www.thecoolspot.gov/>

This site is designed for young teens and provides them with information on alcohol, peer pressure, and underage drinking.

If I drink alcohol, how much is too much?

<http://www.alcoholscreening.org/>

AlcoholScreening.org is a free service of [Join Together](#), a project of the [Boston University School of Public Health](#). AlcoholScreening.org helps individuals assess their own alcohol consumption patterns to determine if their drinking is likely to be harming their health or increasing their risk for future harm. Through education and referral, the site urges those whose drinking is harmful or hazardous to take positive action, and informs all adults who consume alcohol about guidelines and caveats for lower-risk drinking.

Blood Alcohol Calculator

<http://www.ou.edu/oupd/bac.htm>

"How much is too much?" The University of Oklahoma Police Department hosts this site. Use this online calculator to estimate just how little alcohol it takes to put you on the "wrong side of the law".

Sara's Quest

<http://teens.drugabuse.gov/sarasquest/index.asp>

Sara's Quest has been developed for use in schools or in the home for children to learn about the effects of drugs on their brain and body.

Alcohol Cost Estimator for Kids

<http://www.alcoholcostcalculator.org/kids/>

This tool is designed to help teachers, parents, lawmakers and child advocates calculate the toll serious alcohol problems are taking on their community. It calculates how many kids in your state or community have serious alcohol problems.

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Classroom and Coordinator Resources

SAMSHA's Reach Out Now

<http://www.teachin.samhsa.gov/default.htm>

The Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services, and Scholastic Inc., provide school-based, underage alcohol use prevention materials each April. This two-part set of materials is designed especially for use by fifth-grade students, their families, and their teachers. The materials are sent to fifth-grade classroom teachers nationwide each year.

Underage Drinking Prevention Materials

<http://www.niaaa.nih.gov/publications/PSA/underage.htm>

Here's a collection of public education campaign materials created by NIAAA. These free materials are available for use in local community efforts to prevent underage alcohol use.

Understanding Alcohol: Investigations into Biology and Behavior

<http://science.education.nih.gov/supplements/nih3/alcohol/default.htm>

This curriculum unit was developed by the National Institute of Health and the National Institute on Alcohol Abuse and Alcoholism (NIAAA). It is a creative, inquiry-based instruction program designed to promote active learning and stimulate student interest in medical topics for grades 7 and 8. On this page you'll find links to lesson plans, interactive student activities, and the teacher's guide.

Alcohol Use Masters

http://science.education.nih.gov/supplements/nih3/alcohol/guide/nih_alch_masters.pdf

These masters were designed for the alcohol curriculum above but they may also be useful on their own.

Online Webcasts

<http://store.health.org/catalog/media.aspx?topic=3&h=drugsL>

SAMSHA stores Webcasts, ebooks, and audio/video programs on this site. Use of the programs online is free. Some Webcasts and audio/video programs may also be available on VHS or DVD for a small cost-recovery fee.



To assist prevention professionals in their efforts addressing underage drinking, the Center for Substance Abuse Prevention (CSAP) has developed several planning tools.

CSAP Searchable Database

<http://casat.unr.edu/bestpractices/search.php>

Search for practices and programs by specific criteria. A series of check boxes allow you to indicate the variable(s) you would like to conduct a search. You can search on as many attributes that interest you. The results will be ranked based on how many programs have matching attributes to the criteria you specify.

Prevention Works!

<http://captus.samhsa.gov/western/resources/bp/index.cfm>

This section of CSAP provides information on the steps to be conducted to create a comprehensive plan for prevention.

Underage Drinking Prevention Action Guide and Planner

<http://media.shs.net/prevline/pdfs/phd858.pdf>

The publication will help you identify strong messages, coordinate outreach efforts with other organizations and groups, and make youth alcohol prevention a priority. It includes a twelve-month calendar with activities, suggestions, and facts.

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